



Avoid Secondhand Smoke

There is no risk-free level of exposure to secondhand smoke. All that smoke that gets in your eyes is also getting in your airways and lungs and can cause heart disease, stroke, and lung cancer.

SECONDHAND SMOKE

Secondhand smoke is the smoke given off a burning tobacco product and the smoke exhaled by a smoker. People can be exposed to secondhand smoke in homes, cars, the workplace, and public places, such as bars, restaurants, and leisure settings. It contains at least 7,000 chemicals, about 70 of which are known to cause cancer.

Laws ban smoking in most public places, such as schools, hospitals, airports, workplaces, and restaurants.

ACTION STEP

Don't let anyone, including your mate, smoke in your home. Don't travel in a car with others who are smoking.

HEALTH RISKS OF SECONDHAND SMOKE

- Breast cancer
- Cancers of the nose, throat, and sinus cavity
- Leukemia
- Lymphoma
- Brain tumors in children
- Sudden infant death syndrome (SIDS)
- Ear infections
- Colds
- Pneumonia
- Bronchitis
- Severe Asthma
- Coughing and wheezing



Avoid Thirdhand Smoke:

This is the residue left from tobacco smoke that lingers on a person's clothing, skin, hair, and on carpet, drapes, walls, and furniture. And it does this long after the tobacco use has stopped. Thirdhand smoke has the same harmful chemicals as secondhand smoke. Small children and pets may be the most vulnerable.